



June 2000

Long Term Care Highlights



North Dakota Department of Health
Division of Health Facilities

Welcome to the second edition of *Long Term Care Highlights*, a newsletter published by the North Dakota Department of Health, Division of Health Facilities. Administrators, please share this newsletter with your director of nurses, dietitians, physical plant managers, social workers, acting directors, infection control and MDS coordinators, and other interested staff.



TAKE CONTROL OF FOOD SAFETY

Tips to help you reduce the risk of foodborne illness from the North Dakota Dietetic Association and dietitians from the Division of Health Facilities

Wash Hands Often

- Wash hands in warm, soapy water before preparing foods and after handling raw meat, poultry and seafood.
- Always wash your hands front and back, up to your wrists, between fingers and under fingernails.
- Dry hands with disposable paper towels or clean cloth towels, or let air dry.
- Never forget to wash your hands after performing other tasks such as answering the phone or handling dirty dishes.

Keep Raw Meats and Ready-to-Eat Foods Separate

- Use two cutting boards – one just for raw meats, poultry and seafood, the second for ready-to-eat foods like breads and vegetables.
- Wash cutting boards thoroughly in hot, soapy water after each use, or place them in the dishwasher.
- Discard cutting boards that have cracks, crevices and excessive knife scars.

Cook to Proper Temperature

- Cook food to proper temperature to destroy harmful bacteria.
- Buy a meat thermometer and use it. This is the only reliable way to ensure safety and to determine the doneness of cooked meats, poultry, egg dishes and leftovers.
- Reheat all leftovers to 165 degrees Fahrenheit.

Refrigerate Promptly Below 40 Degrees Fahrenheit

- Refrigerate foods quickly and at a proper temperature to slow the growth of bacteria.
- Foods left over from a meal should not stay out of refrigeration longer than two hours. (In hot weather, 80 degrees Fahrenheit or above, no longer than one hour.)
- Make sure your refrigerator is set below 40 degrees Fahrenheit to keep perishable foods out of the food "danger zone."
- Store raw meats, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods.



Training Dates Resident Assessment Instrument

RAI Basic Training – July 25 and 26, Bismarck
RAI Advanced Training – July 27, Bismarck

RAI Basic Training – October 3 and 4, Fargo
RAI Advanced Training – October 5, Fargo

REPORTING ABUSE

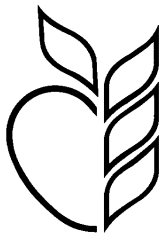
In December 1999 a memo was sent to all long term care and hospital swing bed facilities outlining the requirements for reporting nurse aide abuse. This memo included guidelines for reporting allegations and the information required in the follow-up written report. In the process of working with facility staff, it has come to the department's attention that the information in this memo may not have been shared with staff who complete these reports. The December memo is attached to this newsletter for distribution to appropriate staff.

Mark your calendars for the upcoming Quality Care Series sponsored by the North Dakota Department of Health and the North Dakota Long Term Care Association.

Session 2: **July 24, 2000**
Open Hearts Open Minds The Eden Alternative™

Session 3: **August 24, 2000**
How to Keep the Bugs Out of Drugs

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